

Newton Parks and Recreation Department along  
with the Council on Aging  
will be offering:

# Yoga for Seniors

## 55 & Older

Thursdays,

June 2,9,16,23 & 30, 2016

10:00 a.m. - 11:00 a.m.

Lower Level of

Newton Recreation Center

Cost is \$3.00 Per Class



The class will introduce participants to basic postures and techniques used in Yoga to relax the body and calm the mind. The instructor will provide individual attention to physical limitations presented by each class member and will offer alternative movements to prevent any discomfort.

For further information, contact the Newton Recreation Department  
at (828) 695-4317 or visit [www.newtonnc.gov](http://www.newtonnc.gov)